

# Middlebury Health Pledge

FOR THE SAFETY AND WELL-BEING  
OF THE COMMUNITY DURING COVID-19



**I care about protecting my Middlebury coworkers and students from the novel coronavirus.**

**I commit to the following:**

- Stay home and notify my supervisor if I am sick or if I have symptoms of COVID-19 such as

- |  |                              |
|--|------------------------------|
| ■ <i>Coughing</i>                                  | ■ <i>Chills</i>              |
| ■ <i>Fever</i>                                     | ■ <i>Shaking</i>             |
| ■ <i>Shortness of breath, difficulty breathing</i> | ■ <i>Loss of taste/smell</i> |

- Stay home for the recommended quarantine period if I have been exposed to someone with COVID-19 or COVID-19 symptoms
- Participate in any required prescreening before work, such as temperature checks or health surveys
- Comply with any testing protocols mandated by state, federal, or Middlebury authorities
- Wash my hands with soap and warm water (or hand sanitizer) frequently throughout the day, and before and after entering work areas
- Wear a cloth face covering around other people and in all common spaces
- Follow my department's protocols to clean high-touch areas and shared items
- Maintain social distancing at work in accordance with my department's protocols
- Complete required safety training, including department-specific training
- Consult with my healthcare provider about the flu vaccine in fall 2020 and vaccine(s) for COVID-19, as they become available
- In the event that it becomes necessary, comply with all evacuation and lockdown procedures mandated by state, federal, or Middlebury authorities
- Respectfully remind colleagues of safety expectations and be respectful, in return, if someone reminds me to comply

**I understand that my behavior sets an example for others in my workplace and for students. I will show that I care about my safety and theirs as we face this challenge together.**

